

## Intro to Microsoft Word & Excel

Learn how to use Word to write simple notes, create "to do" lists, and other useful documents; make changes, save and print documents. Using hands-on projects in Excel, discover how to create useful spreadsheets for monthly expenses or maintain a database to maintain lists of your favorite collections.

### Senior Center: Computer Room

Instructor: Lavinia Istrate

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58304	10:00am-12:00pm	F	Aug 23-Sep 6	3c	\$36/\$46
58305	10:00am-12:00pm	W	Nov 6-20	3c	\$36/\$46

## Microsoft Word Essentials

Microsoft Word is a powerful, user-friendly tool! Learn how to create and modify basic documents, including resumes; enhance text by selecting different fonts and typefaces, sizes and colors. Using hands-on projects discover how to utilize spellcheck; use pictures in your documents; how to save, retrieve, print documents and more.

### Senior Center: Computer Room

Instructor: Lavinia Istrate

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58294	10:00am-12:00pm	W	Aug 21-Sep 11	4c	\$48/\$58
58295	10:00am-12:00pm	Th	Sep 19-Oct 10	4c	\$48/\$58
58296	10:00am-12:00pm	F	Nov 1-22	4c	\$48/\$58

## Fitness

### Chair Yoga

Come join this fun class designed to give you all the benefits of yoga with the support of your chair! You will stretch and strengthen your body, increase your range of motion and core strength and learn to relax and rejuvenate with deep breathing. No pretzel poses or getting on the floor. No big meal before class. Drop in \$10.

### Senior Center: Dance Studio

Instructor: Cynthia Collier

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58273	3:45-4:45pm	Th	Sep 5-Oct 10	6c	\$42/\$52
58278	3:45-4:45pm	Th	Oct 17-Nov 21	6c	\$42/\$52
58279	3:45-4:45pm	Th	Dec 5-19	3c	\$21/\$31

### Gentle Yoga

Come nurture yourself to better health in this gentle, rejuvenating class! Geared for seniors' needs, you'll strengthen muscles, bones and joints, increase flexibility and learn healthy breathing. Your stress will melt, and your spirit will soar! Wear loose clothing. Bring a mat and small blanket. No big meal before class. Drop in \$11.

### Senior Center: Dance Studio

Instructor: Cynthia Collier

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58267	3:00-4:00pm	M	Oct 7-Nov 25	6c	\$42/\$52
58272	3:00-4:00pm	M	Dec 2-30	5c	\$35/\$45



## Aerobic Dancing: Lite!

Jacki Sorensen's Aerobic Dancing, choreographed for the non-dancer, is everything you need to get fit. Work your core, strengthen and tone your muscles, get a great cardiovascular workout and increase your flexibility. This class uses upbeat and motivating music for a safe, effective, "Get-It-All-Together" approach to fitness--all while having fun! Ask about a risk-free trial.

### Senior Center: Dance Studio

Instructor: Margaret Grundman

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58344	8:45-9:45am	Tu/Th	Sep 10-Oct 24	14c	\$70/\$80
58479	8:45-9:45am	Tu	Sep 10-Oct 22	7c	\$42/\$52
58480	8:45-9:45am	Th	Sep 12-Oct 24	7c	\$42/\$52
58345	8:45-9:45am	Tu/Th	Oct 29-Dec 19	14c	\$70/\$80
58481	8:45-9:45am	Tu	Oct 29-Dec 17	7c	\$42/\$52
58482	8:45-9:45am	Th	Oct 31-Dec 19	7c	\$42/\$52

## PiYo (Pilates and Yoga) for Seniors

Join us for yoga, with more for your core, back and belly! Pilates (puh-LAH-teez) was developed by a dancer to improve balance, flexibility, strength, circulation and posture. Please bring a mat and small towel, and wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8.

### Senior Center: Auditorium

Instructor: Tia Lanzetta

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57543	8:45-9:45am	Th	Sep 5-26	4c	\$25/\$35
57544	8:45-9:45am	Th	Oct 3-31	5c	\$32/\$42
57545	8:45-9:45am	Th	Nov 7-21	3c	\$19/\$29
57546	8:45-9:45am	Th	Dec 5-26	4c	\$25/\$35

## Tai Chi

### Beginning

Tai Chi is the classic Chinese exercise for health and relaxation. Tai Chi is known for its therapeutic value and regular practice promoting an overall sense of well-being, vitality and emotional calm. Classes focus on balance, flexibility and coordination. Drop in \$10.

#### Senior Center: Dance Studio

**Instructor: Yvonne Merson**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58253	2:15-3:15pm	Th	Sep 12-Oct 17	6c	\$48/\$58
58254	2:15-3:15pm	Th	Oct 31-Dec 12	6c	\$48/\$58

### Intermediate

Continue refining skills while learning individual movements. Instructor-guided demonstrations teach accurate practice of the form to improve balance, posture alignment, while promoting circulation and flexibility. Drop in \$10.

#### Senior Center: Dance Studio

**Instructor: Yvonne Merson**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58347	1:00-2:00pm	Th	Sep 12-Oct 17	6c	\$48/\$58
58348	1:00-2:00pm	Th	Oct 31-Dec 12	6c	\$48/\$58

## *Fitness at your own pace at the Carlsbad Senior Center*

Stay active with a membership to the Carlsbad Senior Center's fitness room! Friendly staff and volunteers ensure your experience is safe and enjoyable. New equipment in a clean, low stress environment.

Daily, monthly and yearly rates available.

Monday - Friday,  
8 a.m. - 5 p.m.

Visit the front desk or call  
760-602-4650 for more  
information and to  
purchase a membership.

*Memberships on  
sale now!*



## Advanced

Advanced students continue refining skills while practicing the smooth-flowing form. The calming and refreshing effects of the Tai Chi practice usually last well after completion of your practice session. Drop in \$10.

#### Senior Center: Activity Room

**Instructor: Yvonne Merson**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58251	8:15-9:15am	Tu	Sep 10-Oct 15	6c	\$48/\$58
58252	8:15-9:15am	Tu	Oct 29-Dec 10	6c	\$48/\$58

## Yoga for Seniors

### Intermediate

Create a union of body, mind and spirit as you practice basic postures and breath work. This class is not suitable for beginners. Instructor has years of experience in yoga, and seniors in particular! Please bring a mat and small towel, and wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8.

#### Senior Center: Auditorium

**Instructor: Tia Lanzetta**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58261	3:00-4:15pm	M	Sep 9-30	4c	\$25/\$35
58262	3:00-4:15pm	M	Oct 7-28	3c	\$19/\$29
58263	3:00-4:15pm	M	Nov 4-25	3c	\$19/\$29
58566	3:00-4:15pm	M	Dec 2-23	4c	\$19/\$29

### Level III: Intermediate/Advanced

A slightly faster paced class with more advanced poses than intermediate yoga. This class is not suitable for beginners. Yoga is considered by many to be effective in promoting strength, agility, flexibility and balance. Please bring a mat and small towel. Wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8.

#### Senior Center: Auditorium

**Instructor: Tia Lanzetta**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58264	10:00-11:15am	Th	Sep 5-26	4c	\$25/\$35
58265	10:00-11:15am	Th	Oct 3-31	5c	\$32/\$42
58266	10:00-11:15am	Th	Nov 7-21	3c	\$19/\$29
58567	10:00-11:15am	Th	Dec 5-26	4c	\$25/\$35

## Senior Classes

### Better Balance & Mobility ♥

A progressive balance training program for those with balance problems, or those with a history of falling. Improve posture and sensory systems, and learn tools aimed at decreasing the risk of falling, and injuries related to falls. Must have the ability to walk and stand independently. Drop in \$8.

#### Senior Center: Dance Studio

**Instructor: Tia Lanzetta**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57539	1:45-2:45pm	M	Sep 9-30	4c	\$25/\$35
57540	1:45-2:45pm	M	Oct 7-28	3c	\$19/\$29
57541	1:45-2:45pm	M	Nov 4-25	3c	\$19/\$29
57542	1:45-2:45pm	M	Dec 2-23	4c	\$25/\$35

## Drawing Plus Color: Pencil, Color Pencils or Pastels

Learn about right brain drawing, shading for depth and dimension, and color harmony for richness. Learn several approaches to see what works best for you. Linda Luisi is a trompe l'oeil muralist, known for depth and dimension. Instructor gives individual attention and demonstrations, with enthusiasm for all levels. Beginners are welcome. No class October 15 and November 26.

**Senior Center: Multi-purpose Room**

**Instructor: Linda Luisi**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58212	9:30-11:30am	Tu	Sep 24-Oct 22	4c	\$60/\$70
58213	9:30-11:30am	Tu	Oct 29-Dec 10	6c	\$90/\$100

## Essential Powers of Attorney

Leave this workshop with the following Powers of Attorney in force; if all instructions are followed: Financial Power of Attorney; Healthcare Power of Attorney with End-of-Life provisions (formerly called a "Living Will"); and a Do Not Resuscitate Order (if desired). Instructor is a bonded Legal Document Assistant and Notary Public. Space is limited. \$35 materials fee (cash) collected at workshop. Workshop fee includes notary charges.

**Senior Center: Arts Studio**

**Instructor: Virginia Rarra**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58259	9:00am-12:00pm	F	Oct 25	1c	\$45/\$55

## Oriental Sumi-e Painting

This unique, ancient art form utilizes specialized painting techniques handed down from one Japanese Master to another through the centuries. Artists use rice paper, sumi-e ink, ink stone and brushes. For beginners and experienced; all levels welcome. Materials not included. A short materials list will be supplied at the first class session, or may be picked up in advance. Drop in \$10.

**Senior Center: Multi-purpose Room**

**Instructor: Kiyoko Messenger**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57557	9:30-11:30am	W	Sep 18-Oct 23	6c	\$50/\$60
57558	9:30-11:30am	W	Oct 30-Dec 11	6c	\$50/\$60

## Prepare Your Own Will Workshop

Leave this workshop with a valid Will. All materials written by attorneys. Learn how to avoid probate with a Will, disinherit, change a Will, appoint guardians for minors; learn the difference between a Will and a Trust, how to prepare a valid handwritten Will and much more. Instructor has 40 years in the legal field. \$30 materials fee (cash) collected in class.

**Senior Center: TBA**

**Instructor: Virginia Rarra**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58258	9:00am-12:00pm	F	Sep 27	1c	\$45/\$55
58260	9:00am-12:00pm	F	Dec 6	1c	\$45/\$55

## Do you love reading?

You can help adults learn to read better.



Learn about the opportunities for volunteers to tutor adults in reading and writing skills at a friendly, no-obligation orientation.

Call 760-931-4510 or email [literacy@carlsbadca.gov](mailto:literacy@carlsbadca.gov) for dates and times and to register.

Carlsbad City Library  
Learning Center

Building skills,  
changing lives

